

**ABSTRACT OF THE DISCLOSURE**

5 A mat is configured to be placed on a ground surface so as to have an upwardly-facing surface and provides multiple foot position demarcations formed on the upwardly-facing surface so as to represent the user's stance upon the mat. Multiple ball position demarcations formed on the upwardly-facing surface substantially opposite of the foot position demarcations represent the location of a ball relative to the user swinging a golf club and standing upon the mat at the location of the foot position demarcations. A swing  
10 zone demarcation formed on the upwardly-facing surface is offset from the foot position demarcations and the ball position demarcations so as to represent an optimal path of light originating from a light source when the club is swung by the user